



# **Bellevue Neighborhood Mediation Program** **Improve Your People Skills**

*Basic Mediation Training: A 40-hour course*

**Wednesdays & Fridays**

**Bellevue City Hall**

450 110th Avenue NE  
Bellevue, WA 98004

**Saturdays**

**Saturdays at Northwest Arts Center**

9825 NE 24th Street  
Bellevue, WA 98004

The Bellevue Neighborhood Mediation Program offers a variety of conflict resolution services to the Bellevue community. As part of our program, we offer a 40-hour Basic Mediation Training to those who live, work, or go to school in Bellevue. This training is designed for people who are interested in developing mediation and conflict resolution skills, and is one of the prerequisites to becoming a volunteer mediator.

Mediation is essentially a facilitated negotiation that encourages people in conflict to resolve their own disputes and shape their own agreements.

This basic course curriculum includes conflict theory, communication skills, conflict styles and mediation tools.

**Saturday, April 25**

9 am – 5 pm

**Wednesday, April 29**

5 pm – 9 pm

**Friday, May 1**

9 am – 5 pm

**Saturday, May 2**

9 am – 5 pm

**Wednesday, May 6**

5 pm – 9 pm

**Friday, May 8**

9 am – 5 pm

**\$395.00 Attendance at all sessions is required.**

**Continuing Education Credits available upon request.**

For more information or to register for the training, please call **425-452-4091**  
or email **mediation\_info@bellevuewa.gov**.

